

BAR HILL NEWS

Brought to you by the Bar Hill Community Association
January 2025 Issue 664



2025
HAPPY NEW YEAR

**Every Monday, 10- 12 (unless otherwise listed) in the Octagon (opposite Maple Surgery)
The Hub is for people of all ages as a place to gather & enjoy community!**

6 January	Coffee Stop, Foodbank, 5AsideChess	Health & Wellbeing 10:15 -10:45
13 January		Carers Café 10-11:30
20 January		Health & Wellbeing 10:15 -10:45
27 January		Evergreens Meet a Parish Councillor

WHEN: Every Monday 10am – 12pm

WHERE: The Octagon (opposite Maple Surgery), Bar Hill, CB23 8EH

WHAT: Our vision is to create a fairer and friendlier community, so everyone can thrive and knows where to turn to for warmth, welcome, friendship and support. The Hub is a busy gathering space, providing a warm, comfortable, welcoming space for our entire community. Come along and join us, we look forward to seeing you!

Following a successful 2024, when we welcomed many from the community to the Hub, we are looking forward to 2025, and hoping that friendships, old and new, will continue to flourish in our welcoming space.

Coffee Stop: Pop in for a coffee, a piece of delicious home-made cake and a chat with friends, old and new!

Foodbank: No need for any vouchers. If you are struggling financially, drop by and let us help you, available between 10am and 11.30am

Citizens Advice: NOTICE: for health reasons, there is no village Citizens Advice service. To book an appointment for face to face, email or telephone advice with the Cambridge office, please use the following contact details

Email: <https://www.cambridgecab.org.uk/get-advice/email-us/>

Phone: 0808 278 7808

Evergreens: a safe space for those with memory loss to enjoy: Conversation, Connection, Celebration. Accompanied by a carer, friend or family member. When: usually 4th Monday of each month.

NOTE: Initially clients/carers are being identified and invited in partnership with the village Social Prescribing team.

Health & Wellbeing: On the 1st & 3rd Monday, take advantage of some exercise guidance from our experienced coach and visiting speakers (starting at 10.15am).

Carers Café: On the 2nd Monday of the month, providing support for any carers in the village, even if you are not a patient of Maple Surgery

Meet a Parish Councillor: you can meet one of our Parish Councillors to discuss any issues within our village, between 10am and 12pm on the 4th Monday of the month. Just look for the sign within the Coffee Stop.

5AsideChess (within the Coffee Stop): A great way to connect and start a conversation with people happy to teach you this wonderful game. Come along and join us for refreshments and a chat!

BAR HILL COMMUNITY ASSOCIATION



Chair of Trustees	Andy Pellew
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Bunty Waters	Jo Hall
Dave Wright	Dee Callaghan

If you'd like to contact the BHCA then you can either;

- Write to us at **Parish Council Offices, Hanover Close, Bar Hill. CB23 8EH**
- Email the Chair of Trustees at **chair-of-trustees@barhill-ca.org**, or
- Call/ message/ WhatsApp **07814 871752**.

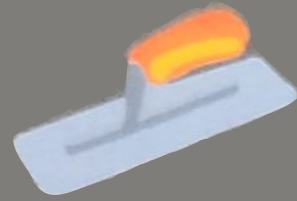
We meet monthly on the second Tuesday at 7:30 pm in the Fox. If you'd like an agenda please get in touch!

Opinions expressed in this publication are not necessarily those of the Association. Anonymous letters will not be published. Names and addresses may be withheld.

There is no charge for Articles, What's On, For Sale or Lost and Found. These appear at the Editor's discretion.

All items should be submitted to **bhn-editor@barhill-ca.org**

See www.barhill-ca.org



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LETTERS, NOTICES & ANNOUNCEMENTS

Please send your letters & notices to bhn-editor@barhill-ca.org. Thank you!



Bar Hill HAPPY HOURS Club

The Bar Hill Happy Hours club meets in the main bar area of the Bar Hill Sports and Social Club between 2 and 4pm on Friday afternoons for tea/coffee and cakes, getting together with friends, fun and games. All of this for only £2 per person. The bar is open if you want something extra.

We are looking for new members to join us, so if you are 50 or over, want to get out, see some old friends, meet some new ones and have some fun why not come along!.

Coming up in January:

3rd January: Happy New Year and a Quiz

10th January: Bingo and a Quiz

17th January: Games and a Quiz

24th January: Scottish theme and a Quiz

31st January: Bingo and a Quiz

If you give us a try your first week is free.

WISHING YOU ALL A HAPPY NEW YEAR!!

Special thanks to the BHSSC, especially Wally, and TESCO who supported us throughout the year!

Anne Plumb | 01954 780364 |

anne@rwp10.plus.com

Dear Residents,

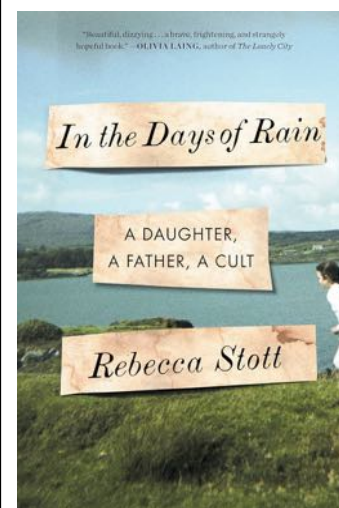
Thank you to everyone who came along to support our Charity Afternoon tea, which was held in the Bar Hill Sports and Social Club on Friday the 15th November, in aid of Children in Need. At last count, with your generosity, we have raised £500!

Special thanks have to go to Tesco, Paul Emeny (the Mobile Fishmonger – outside the BHSSC on most Tuesdays 1.30 – 2.30pm), Mo's Charcoal (Turkish takeaway van – outside the Fox on Saturdays 5 – 11pm) and Gould Barbers (in Tesco) who all donated some lovely raffle prizes. Also thank you to everyone who donated cakes and raffle prizes. Big, big thanks to everyone who assisted on the day with helping to set up, selling the raffle tickets and clearing up after the event. Hope I haven't forgotten anyone.

It was a great afternoon and well attended.

Anne Plumb | 01954 780364 |

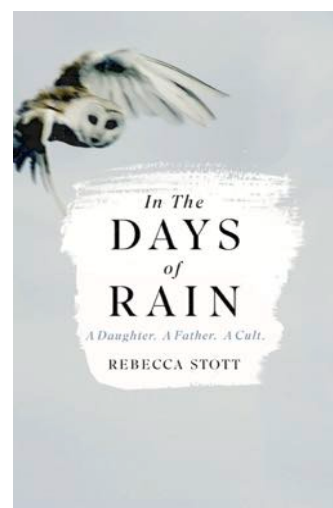
anne@rwp10.plus.com



Bar Hill Ladies Book Club

Bar Hill Book Club will meet again on Tuesday 14th January in the Sports and Social Club at 7:30 pm. The book is: "In the Days of Rain" by Rebecca Stott. For details of future events please email

sheilafarrar@hotmail.co.uk or call/text
07920 558319



Dear Residents,

A quick update from the Saxon Park committee (following our open meeting at the BHS&SC at the end of November);



Someone said the police were here. Next we knew, they were heading our way. I think some of us might have felt worried. But they'd been invited to the Skate Park monthly meeting. Of course

they had. And they were here to answer questions and give their point of view.

So. Skateparks and drinking and drugs? No. It's worse without. Young people there are generally respectful. It's a positive thing for the community. One of the officers has taken his kids to the Waterbeach one for years, from toddlers to 10 years old.

You'll need lighting, one of them said, which we have. It just needs to be turned on. We asked the other what he thought about it all. 'Skatepark?' He said. 'They're a blooming good thing!'

Peter Stockton

Volunteer

PS. If you'd like to join us our next meeting will be 28th January at 7:30 pm in the BHS&SC.

Bar Hill Indoor Bowls Club

We meet in the school on Friday evenings during term time only from 7.30 pm to 10pm with a 1/2 hour break for coffee. We are a very friendly group and we would love to have some new members. It doesn't matter if you have never played before just come along and join us one Friday, the cost is £3 per week but the 1st week is free.

So why not come along and give it a try?

If you would like more information please contact me on **01954 204171 / 07847 327709** or **barbara.page@live.co.uk**

Dear Residents,

On behalf of the Christmas Committee I would like to thank all of the Association Trustees and volunteers who worked so hard to arrange the Christmas Event this year.

Unfortunately this time the weather was against us and - after careful consideration - we had to make the difficult decision to cancel the Christmas Light switch-on.



I know this was very disappointing for those planning on attending but safety concerns led to a large number of local events being cancelled and we were not able to make an exception.

We would like to thank Vets4Pets and Bar Hill Parish Council for their donations and we will, in the new year, look at the way forward for 2025.

On a final note the lights were up, the tree was up, and I hope everyone had a good Christmas!

Roll on 2025!

Anthony Mitchell

Christmas Committee
Chair

PS. If you would like to donate to next years' event then we have a

Paypal donation link setup here; **<https://bit.ly/bhca-donate>** (or scan the QR code).



FOR SALE: 2x 12kg bags Pedigree Complete Dry Chicken and Vegetable dog food. £20 each. **07799670063**

Bar Hill Church news

Services

Sun 5 Jan, 10:00am - Holy Communion

6:00pm - Informal Worship

(refreshments served from 6:00pm with the service starting at 6:30pm and finishing at about 7:30pm.)

Wed 8 Jan, 10:00am - Midweek Communion

Sun 12 Jan, 10:00am - All Together Worship

Sun 19 Jan, 10:00am - Covenant Service

Sun 26 Jan, 10:00am - Café Church



Online

Sunday morning services can also be attended via **Zoom**: meeting id 882 9761 3899, password: 284740. We also hold a short (about 20 minutes) Morning Worship service by Zoom at 8:15am every day Monday to Friday, using the same meeting id.

About us

Bar Hill Church is an ecumenical partnership working with the Church of England, the Baptist Union, the Methodist Church and the United Reformed Church. There are covenant agreements with the Roman Catholic Church and the Society of Friends (Quakers).

Contacts

Church Office: Ian Farr, 01954 206120, church.office@barhillchurch.org.uk

Working hours usually include Monday, Tuesday and Wednesday mornings. A number of external activities take place in the church buildings throughout the week. Enquiries about hiring space for an event should be directed to Ian.

Minister: Revd Wendy Wale, 07780 828865, minister@barhillchurch.org.uk

Working days are Monday, Tuesday, Thursday and Sunday.

Website: <https://barhillchurch.org.uk>

Facebook: <https://facebook.com/barhillchurch>

BAR HILL DISTRICT COUNCILLOR'S REPORT

Cllr Bunty Waters - bunty.waters@ntlworld.com

01954 201421/ 07734 690580



Welcome if you are new to the village, meet me in the HUB on Monday mornings for a coffee, you can contact me (see above).

FROZEN GREEN BINS

As the temperature drops green bins can freeze and the contents get stuck when being emptied. We are unable to return to empty bins which have been logged as frozen.

Wetter items, including food and garden waste, can freeze to the inside of wheelie bins during cold spells. If this happens, they won't empty properly when collectors tip the bin into refuse trucks. If this happens, they are unable to return to empty the bin(s) so please bring it back onto your property and put it out for collection on the next scheduled collection day.

Wrap food waste in paper – newspaper will do, or you can buy paper liners.

Put a piece of cardboard at the bottom of the empty bin – do this in cold spells only, as normally cardboard should go in the blue bin.

Put your bin out at each collection, even if it is only half full – this reduces the likelihood that you will be left with a full bin if it freezes.

Place a small stick under the lid to prevent the lid from fully closing and becoming frozen shut.

If possible, place your bin in the sun during the day, or close to a wall.

If your bin has not been fully emptied because the contents are partially frozen - and you need to dispose of extra rubbish or garden waste - you can take it to the recycling centres in Milton or Thriplow.



ANTI-SOCIAL BEHAVIOUR

On 22 November, the Home Secretary, Rt Hon Yvette Cooper MP, announced new powers to tackle anti-social behaviour. The new Respect Orders will give the police and councils powers to ban persistent offenders from town centres or from drinking in public spots such as high streets and local parks. These will be piloted prior to national rollout to make sure they are as effective as possible. Perpetrators can also be mandated to undertake positive rehabilitation, such as attending drug or alcohol treatment services, or an anger management course to address the underlying causes of their behaviour. Failure to comply with Respect Orders will be a criminal offence. Police will have the ability to immediately arrest anybody who is breaching their Respect Order. As well as prison sentences of up to two years, criminal courts will also be able to issue unlimited fines and community orders, such as unpaid work, and curfews as punishment for breaching a Respect Order.

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MENTAL HEALTH



SOCIAL WELL-BEING



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8 o'clock club

The club is a women's group and we meet in the school on the 1st Thursday of the month (starting in February) at 7.30 pm.

Please note there will be no meeting in January.

Our fee is £15 per year and £1 each meeting for a hot drink and raffle.

We welcome new members to the club. If you would like to join please come along to one of our meetings or phone Barbara 204171 (07847 327709) Adela 204265 or Ann 204687

Help! We're Missing Something

Maybe it's an article by a group you support? A bit of local news? Or even details of an event? Let us know! Deadline for January issue is **Thursday 9th January**.



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Girlguiding
Bar Hill and Northstowe
District

Girlguiding is thriving in Bar Hill. We have a Rainbow unit, two Brownie units and a Guide Unit. Every week girls are engaged in fun activities learning about themselves, their communities and the world around them.



Brownies is aimed at 7-10 year olds girls providing non-stop fun, learning and adventure. Both Brownie packs joined together in early December for a weekend of abseiling, fencing, crate stacking, initiative tests, canoeing. Campfire and smores. We travelled by coach to the Girlguiding Anglia Hautbois Adventure Centre and had fun making new friends, challenging ourselves and having fun in the great outdoors.

As the new year starts, all Girlguiding units look forward to providing a fun and exciting programme for all girls. If you are interested in learning more about what we do or would like to visit for a taster session please get in touch. We are a girl-only space where girls and young women can learn free of pressure and judgement, providing a place where girls can feel at home and be themselves.

Rainbows – age 4-7 years
Brownies – age 7-10 years
Guides – age 10-14 years

For more information email barhillguiding@icloud.com or go to the Girlguiding website <https://www.girlguiding.org.uk/information-for-parents/register-a-child/>



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NEW SATURDAY LUNCH CLUB

Welcoming all residents of Over & surrounding villages to join us for lunch at the Day Centre, fourth Saturday of each month, service starting at 12:30 following the Memory Café, our next lunch on Saturday, January 25



£10.00 per person, main course & dessert, includes teas & coffee

all food is freshly prepared & we're happy to cater for any dietary requirements

menu for lunches are available one month before, from our website or at the Memory Café

places must be pre booked, online www.overdaycentre.co.uk/whats-on/saturday-lunch-club/ or email: saturdaylunchclub@overdaycentre.co.uk, or telephone 01954 231807/07710 694900

The Over Day Centre, 1 Drings Close, Over, Cambridgeshire CB24 5NZ, Charity No 1196202

Over Memory Café

inviting all people living with memory loss, their families and carers, to join us for Music, Refreshments and Fun.

**Saturday, January 25
Saturday, February 22
Saturday, March 24**

from 10 am to 12 noon

**at The Over Day Centre, 1 Drings Close, Over, CB24 5NZ
wheelchair accessible, free parking available**

please visit <https://www.facebook.com/OverMemoryCafe/>

**Saturday, January 11
Saturday, February 8
Saturday, March 8**

**Willingham
Memory Box Café**

Invites people living with memory loss (from any cause) and their carers to join us for Music, Company, Chat, Refreshments and Fun

from 10 am to 12 noon

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or visit our facebook page www.facebook.com/WillinghamMemoryBoxCafe/

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General Bar Hill Survey

I will be dropping these surveys through letterboxes and knocking on doors to hear from residents myself. But please do complete the survey online as this is often quicker and easier!

You can access it online: sclibdems.org.uk/surveys/bar-hill

Don't worry if you want to skip some questions and just focus on the main points! Thank you in advance and we look forward to hearing your views.

Perimeter Path

Many residents are keen to see a path for walkers, runners and cyclists continue around the perimeter road – there are too many people who have to walk on the road itself, with its speeding traffic and increased volumes of traffic, which is particularly dangerous around sharp bends.

Over the last couple of years there have been a number of changes which have helped create a good case. First of all, the Council has been interested in ensuring that cycling, walking and wheeling has been given an equal status with motorised transport, thus ensuring that non motorised connections linking communities are considered important too. Thus the right to walk, wheel or cycle off the road has been recognised. Also important are the strategic non motorised links to villages such as Longstanton and Dry Drayton, as well as within Bar Hill itself, which have been acknowledged. The Council is responsible for social care and public health, and sees 'active travel' as an important part of ensuring good health. Part of quantifying the case for improvements here involves the survey above – so please do

complete it if you can! These are measures that need to be in place to make a major project appeal.

But another, much simpler way forward has come to light very recently. Every year the Parish has an opportunity to apply for a 'local highways initiative' grant from the County Council. Recently other villages have used these funds to connect footpaths which, like the one around the perimeter road, have gaps. This is a quick and relatively low cost way of getting much more connection – for example to connect the section from Field View round the bend to Little Meadow, and perhaps also considering a crossing to the Nature Reserve both for safety but also as a speed break. At the time of writing I am not sure if the Parish will consider this approach but at least there is now a quick way to fund improvements to the path!

Spine Paths Resurfacing

Bar Hill's spine paths are certainly due for substantial resurfacing – they are beginning to crack in places and be in need of repair.

I will be arguing that these should be put forward for the County's highways capital programme which is being developed at the moment, and once established will be under constant review. This kind of forward planning and longer term thinking has not previously been done in the County council, with the result that some things have been done unnecessarily while others have been left out. It will take time to see the benefits of this approach but it's important it's done!

Please contact me if you have any concerns or comments at the address above.

Thank you, and Happy New Year!

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Bar Hill Sports & Social Club

Happy New Year!!

We are a family friendly members' club in the heart of the village. Join us for a great meal, all the latest sporting events or just a drink with friends and family. Monthly special offers and even free draws for members to win meals out.

OPENING HOURS:

Mon 5-9 pm, Tues - 5-10.30 pm, Wed - 5-11 pm. Food 5-9 pm with 25% off, Thurs - 5-11 pm, Fri - 2 pm-midnight. Food 4-10 pm, Sat 12-midnight. Food 4-10 pm, and Sun - 12-9 pm. Children under 12yrs welcome till 9 pm except Saturday.

For all info see our website, follow us on Facebook and instagram, or drop us an email at the details below.

UPCOMING EVENTS:

25th Jan - General knowledge quiz 7.30pm registration, £100 cash prize- £2 per person, max 6, and 8th Feb - Glamtastic band - in the village hall - TICKETED event £5 each get yours quick!

EVERY WEDNESDAY

**25% OFF
FOOD**

5-9PM



I hope everyone in Bar Hill and across the constituency is having an enjoyable festive season. Early in December, I visited one of the various Royal Mail branches in the constituency to see their absolutely vital work during the Christmas period.

As the weather gets colder, I continue to be greatly concerned for the most vulnerable in our communities, particularly with the cuts to the Winter Fuel Payment and rising fuel bills. Choosing between heating and eating is a decision no-one should have to face. If you or someone you know is struggling, please do get in touch and I will try to connect you to any support available.

We know Winter also brings even more pressure on our NHS. In recent weeks, I visited Addenbrooke's Hospital to listen to their concerns about the challenges they are facing, but also to celebrate the work they are doing around cancer care and children's health.

Speaking to constituents working for Cancer Research UK in Parliament was also informative in sharing how we can do our best to live healthy lives, and the positive benefits that can have. Unfortunately, the Government's choice not to hear Lib Dem calls to exempt GPs and social care providers from the National Insurance rises will have a detrimental impact on access to primary care.

Another issue that especially concerns constituents I've spoken to recently is transport links. I know from my own experience, as well as hearing from so many others, that buses across the area are patchy, delayed and terribly unreliable, and that can be on a good day! I met with Stagecoach, a

provider of buses in the area, to raise these concerns with them and urge them to do better by local residents.

Finally, I want to take a moment to talk about the Assisted Dying debate that took place in parliament in November. I have received many emails and letters from constituents with their views and feelings about the debate, often with powerful personal stories. I want you to know that I had these in mind when I voted in favour of the Bill. I continue to have some concerns about the proposals, but look forward to being able to further scrutinise the Bill as it progresses through the parliamentary process.

My weekly surgeries continue as I meet with people across the constituency, including in St Neots, Cambourne, Northstowe and Histon, and I look forward to visiting so many other places. I also hold online surgeries for those who may prefer that option. If you would like to meet with me at a surgery, then please contact me and my team will be in touch.





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- 27th February
- 24th April
- 26th June
- 28th August
- 23rd October AGM



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BAR HILL TENNIS CLUB

In my earlier Bar Hill News articles I have highlighted the declining numbers of people joining the Club and the danger of the Club ceasing to exist.

However following our Open meeting on the 6 November where we were joined by a significant number of Pickleball players we have resolved to move forward with a view to embracing Pickleball and changing the Club name to reflect this. We anticipate our new structure being formalised at our Annual General Meeting in March 2025.

Emily and Richard Lewney are leading a sub group with a view to improve our facilities by resurfacing and relining to include Pickleball courts. To achieve this the group will focus on obtaining quotations to undertake this work and securing funding to make this possible. If anyone is interested or able to help in any way please get in touch with us.

Our Pickleballers are continuing to play on our courts, subject to weather on Fridays at 10am. Pickleballers are also playing indoors at the school on Tuesdays 18.30-20.30. Why not give Pickleball a try: no experience is necessary!

Winter tennis memberships still available allowing you to play any time until 31.3.25: Adult: £25, Junior: £5, or Family: £45. Floodlights use per session £5.

Courts can also be hired for "one-off" play – for details visit our website.

CONTACT

Paul Chubbuck (Secretary) | **07983 435104**

Emily Lewney (Pickleball) | **07954 180582**

Email: info@barhilltennisclub.co.uk

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December brought us lots of fun with having just a few weeks until the Christmas holiday.

The children were doing lots of Christmas themed crafts, as well as making gifts for our families. We also took part in some activities, including cooking, which they really enjoy around this time of the year.

This month, we have had our first fundraising event as a new charity. We want to thank Tesco for supplying this year's 'family competition' prize, helping us to raise funds for the Preschool. Their support is much appreciated.

We would also like to say 'Thank you' to the Church for inviting us to the 'Preschool Nativity' session. The children had a great time.

The autumn term finished with a Christmas party, with a special guest appearance from 'Father Christmas', held on the 20th December..

The Preschool will reopen on Tuesday 7th January and we welcome the new families joining us. Upon our return, we are talking about the time we have spent and the fun we have had over the festive period with our families & friends.

We offer places to children the term after they turn two years old. We accept two, three, and four year old funding and we are registered with the tax-free 'National Savings Childcare' scheme. See our website www.barhillpreschool.co.uk for more details or call 01954 782892 for an application form.

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Salaried GPs

We have managed to finally recruit 2 salaried GPs to work at Maple Surgery. They will both be starting in January. This is exciting news for us, and I am sure that you will all join us in welcoming them to the Practice when they arrive.

Flu vaccinations

We are not putting on any more dedicated flu vaccination clinics, however, we are still offering flu vaccinations to any patient who is eligible. If you would like to be vaccinated, please make contact with the reception team who would be happy to book you in.

Repeat prescription ordering

Repeat medication ordering for Maple Surgery patients is **NO LONGER** changing from 1st January 2025. We will continue to accept repeat prescription requests into the **cpicb.maplesurgery.repeats@nhs.net** inbox.

Please see below a list of options available for placing your repeat medication requests:-

Paper copies - you can drop these at the Practice in the mailbox near the main entrance.



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By using SystmConnect via our website.

SystmConnect can also be used for requesting a fit note; for requesting a recent test result; for other admin requests (cancel appointment, provide updated personal details - change of address for example).

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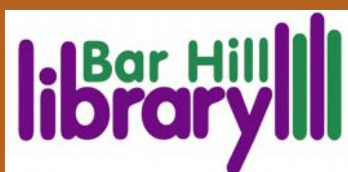


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Helping Hedgehogs in January

Helping hedgehogs in January is especially important because they may be hibernating and vulnerable. Here's how we can assist them during the winter months:

1. Maintain suitable hibernation spots

Leave leaf piles and Logs: Hedgehogs often hibernate in leaf piles, log stacks, or compost heaps. Avoid disturbing these areas.

Provide artificial hedgehog homes: If you have a hedgehog house, ensure it's undisturbed and well-positioned in a quiet, sheltered area of your garden.

2. Provide food and water.

Set up feeding stations: Leave out meaty cat or dog food, kitten biscuits (help their teeth) or specially formulated hedgehog food.

Fresh water: Place shallow dishes of water in your garden. Avoid milk—it can make hedgehogs ill because they are lactose intolerant.

3. Be careful with garden maintenance

Check before you work: Look for hedgehogs in piles of leaves or under sheds before starting any gardening or bonfires.

Avoid pesticides: These can harm hedgehogs and their food sources, like worms and insects.

4. Monitor hedgehogs in Trouble

Active hedgehogs in Daylight: Hedgehogs out during the day in January are most likely underweight or sick. Contact a wildlife rescue centre for advice.

Offer Shelter: If you suspect a hedgehog is struggling, a small, warm box with soft bedding can provide temporary help while waiting for professional advice.

5. Create hedgehog-friendly spaces



Access between gardens: Ensure hedgehogs can roam by maintaining gaps in fences (about 13cm x 13cm).

Plant wildlife-friendly plants: These attract insects that hedgehogs can eat when they wake.

By making small changes and staying mindful of hedgehogs' needs, you can give one of the UK's most loved mammals a better chance of survival through the winter.

Hedgehogs are now listed as near threatened on the international union conservation of nature's red list.

For advice/ help on hedgehogs contact: Liz Dams : **07912 988898**

Shepreth Hedgehog Hospital : **07947 361187**



Hedgehog Fact

Hedgehogs have poor eyesight but an excellent sense of smell and hearing. They rely on these heightened senses to locate food, navigate their environment, and detect predators - especially during their nocturnal foraging activities.

BAR HILL LIBRARY - JANUARY 2025

Happy New Year from Bar Hill Library!

We look forward to welcoming you to the library in 2025. Come and browse the shelves, sit and read, join in with one of our friendly events or use our computers and printer. The library is also a great place to find out about health and cost of living support.

If you've resolved to keep fit this year, why not listen to an eAudiobook from the library while you exercise? Ask in the library, or visit <https://www.cambridgeshire.gov.uk/residents/libraries-leisure-culture/libraries> and click on "Borrow" to find all the instructions to get you started. Our eBooks and eAudiobooks are free to download, you just need to be a library member (also free).

We have a new regular Story Time session for children starting on 15th January. It will be on the 3rd Wednesday of every month, from 3.15 - 3.45pm. We will be sharing picture books in the children's area of the library in this fun and relaxing activity and hope to see you there.

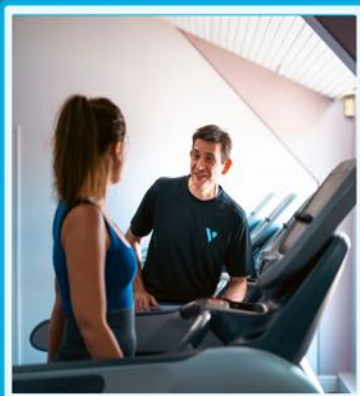
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- Lego Club - on the 2nd Wednesday each month (in term time) from 3.30-4.45pm
- Family History drop-in session - on the 3rd Monday of each month from 2-4.30pm
- Story Time for children – on the 3rd Wednesday of each month from 3.15-3.45pm



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Wildlife-friendly Gardening in January

The harsh winter months are upon us. Here are some tips to make your garden a haven for wildlife:

1. Provide food

Feed the birds: Offer high-energy foods like fat balls, sunflower seeds, and mealworms. Keep feeders clean and topped up.

Leave berries and seed heads: Don't prune plants like ivy, holly, or teasels as they provide essential food.

Plant for the future: Consider planting winter-flowering shrubs like mahonia or viburnum to provide nectar for early pollinators.

2. Offer shelter

Create hibernation spaces: Leave piles of logs, leaves, or brush for hedgehogs, frogs, and insects.

Don't disturb compost heaps: These may house overwintering wildlife like slow worms or mice.

Use nest boxes: Check bird boxes for old nests and clean them to encourage safe roosting.

3. Maintain water sources

Prevent ponds from freezing over: Place a ball or stick on the surface so wildlife can still access water. Avoid smashing ice as it can harm aquatic creatures.

Provide fresh water: Ensure bird baths are clean and filled daily.

4. Avoid tidying too much

Leave dead plants standing: They provide shelter and homes for overwintering insects.

Don't rake leaves completely: Leave some in corners for creatures to use as insulation.

5. Plan for spring

Plant native species: Add hedges, wildflowers, and native trees to support wildlife year-round.

Prepare nesting sites: Start thinking about installing boxes for bees or hedgehogs.

January may feel quiet in the garden, but small actions now can make a huge difference for wildlife enduring the cold season. We need nature so by helping it, we're helping ourselves.



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Do you need care visits at home?

Greenwood Homecare
provides quality care
in Cambridge and
the surrounding areas

✓ **FREE ASSESSMENT**

🏠 **DAY, LIVE-IN OR NIGHT
CARE AVAILABLE**

FOR MORE INFORMATION

Visit: Greenwoodhomecare.co.uk

Email: Bethanie@greenwoodhomecare.co.uk

Call: **01223 850938**



Maggie's Update - January 2025

Fire and Ice Challenge

Start the New Year with a bang!
Join Team Maggie's to test your
resilience and learn new life
skills, all while supporting people
living with cancer.



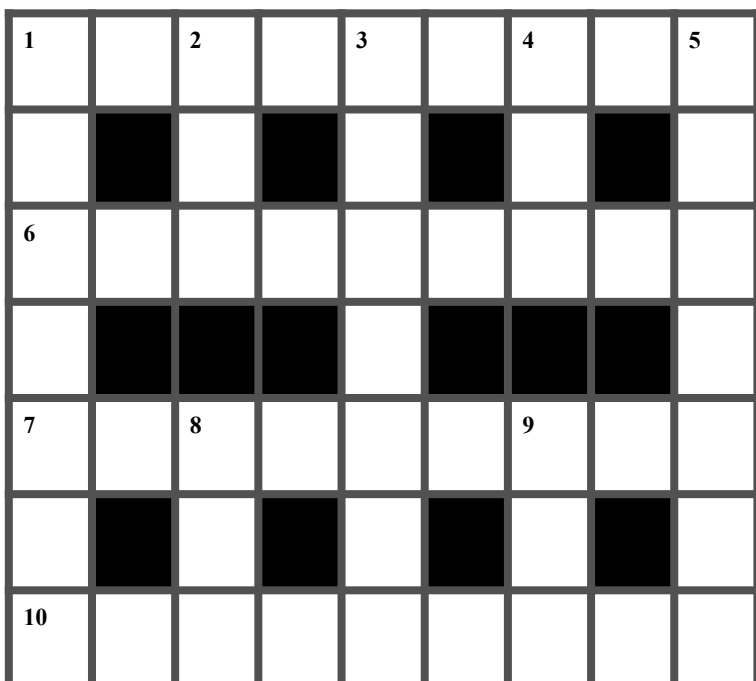
Maggie's Cambridge Firewalk

The Firewalk returns on Friday 28 February
– join us to brave the flames at Shelford
Rugby Club.

The Big Chill

This will start on Saturday 1 March - take a
cold dip a day throughout the month - it
could be a swim, a shower or whatever takes
your fancy! Then join us for a communal
cold dip at Jesus Green Lido in Cambridge
at the end of the month to celebrate your
achievement!

If you'd like more information about either
challenge, or both, please email
cambridge.fundraising@maggies.org



PUZZLE for JANUARY 2025

Across: 1.tighter after Xmas lunch? 6.shops
eg, 7,heavenly messenger, 10,not sternly

Down: 1, seasonal event “all over the town”
eg, 2,unwell, 3,dressing for fish, 4,
fuss, 5, show, 8, able/tin, 9,obtain.

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CONSTANT GENERAL HOME SERVICES



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driver_costi@yahoo.com

Phone: 07479 363 536

BAR HILL SPORTS & SOCIAL CLUB

GLAMTASTIC

SATURDAY 8th FEBRUARY

DOORS OPEN 19:45

TICKETS £5

AVAILABLE FROM THE BAR

EVENT HELD IN THE VILLAGE HALL



Bar Hill
library

BAR HILL LEGO CLUB

SECOND WEDNESDAY OF THE MONTH
(TERM TIME ONLY) 3.30-4.45PM

ALL SESSIONS ARE FREE OF CHARGE
AND DON'T NEED BOOKING, JUST
COME ALONG WITH YOUR CHILDREN!

Cambridgeshire
County Council



U3AC

Inspiring, Educational, Sociable.

Retired or semi-retired?

Now it's your time to explore new ideas, skills and interests, meet new people and enjoy yourself!



From astronomy to history, Bridge to botany - there is something for everyone!

- Run by members for members
- Meet people with common interests
- Choose from over 300 educational, social and leisure day-time activities in and around Cambridge.

27-28 Bridge Street, Cambridge, CB2 1UJ

Telephone: 01223 321587

Registered Charity No: 1180769

Join us today
www.u3ac.org.uk



Bar Hill Neighbourhood Watch

working for a safer community



To contact Neighbourhood watch please email
nhwinbarhill@yahoo.co.uk

To keep up to date on the latest developments
please join us on facebook: [bit.ly/](https://www.facebook.com/bit.ly/FBBarHillNHW)
FBarHillNHW (or search for "Bar hill NHW")

Bar Hill Village Hall

The large Main Hall has multi-purpose vinyl flooring, making it flexible for all types of events. There is a kitchen alongside the Hall with a serving hatch, making it useful for self-catering at parties, discos and the like. The licensed bar can be booked on request and will be serviced by the Sports and Social Club. The Hall opens out onto a large patio area that is ideal for external activities or a spill-over for internal events and has two bolted gates that lead off the premises.

There is also a Meeting Room, with its own independent access and great for meetings of up to 10 people.

The Village Hall is managed as a registered charity (number 1002579). To book, please visit our web site barhillvillagehall.com and email

enquiries@barhillvillagehall.com to confirm arrangements.

Alternatively, call **01954 782414** and leave a message. We aim to return calls within 24hours (Monday to Friday).

Paul Emeny
Mobile Fishmonger

Top quality fresh
Grimsby fish



Bar Hill Village Hall
Every Tuesday from
1-30 - 2-30pm
Tel: 07956 594762

TIGER

On behalf of the Cambridgeshire and Peterborough Combined Authority I wanted to make sure that you are aware of the launch of the Tiger bus pass, offering bus fares for just £1 for those under 25. This could be a vital tool for young people to access a range of opportunities across our region for just £1 over the summer break.

The new Tiger bus pass is **free of charge** and designed to make public transport more affordable for young people, helping them travel to school, college, training, work, shopping, and social activities.. This initiative is part of a broader effort by the Combined Authority to revamp public transport in the region.

You can apply for your pass online;
cambridgeshirepeterborough-ca.gov.uk/onepoundbusfare/



Weekly playgroup sessions for babies and preschool children

A range of toys and play equipment with fun activities including crafts, singing, sensory play and story time

Thursday Morning 9:45-11:15am*
at the Octagon, Bar Hill

*term time only

Taster session Free, Further sessions - under 1 £2, over 1 £3, 2 or more children £4 refreshments and snacks included

We look forward to seeing you at our next session

FRIENDS OF THE ROSIE

Happy New Year from The Friends of the Rosie Hospital. With your help we are raising money to make the Rosie a more comfortable environment for mothers and babies.



In 2024 we have raised nearly £3,000 by selling all sorts of wonderful gifts suitable for Christmas or holiday crafting activities for the whole family.

New members are always welcome, whether to contribute financially, to join our team of crafters, join our committee, provide transport for our volunteers or display a small selection of our wares. If you would like to donate some of your spare time check out our website's volunteering page for some ideas.

Thank you for your continued support and we wish you all the very best for 2025

Avril Williams | **01954 782431**

[**avril@rosieinstitches.org.uk**](mailto:avril@rosieinstitches.org.uk)

and Jo Hall | **01954 780304**

You can purchase online from our shop;
[**rosieinstitches.org.uk/wordpress/shop**](https://rosieinstitches.org.uk/wordpress/shop)

You can also donate, just by shopping online in your usual stores, via Easy Fundraising.

You can sign up to support us here;

[**easyfundraising.org.uk/causes/forh/**](https://easyfundraising.org.uk/causes/forh/)



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Assure
Certified Installer

Depression can
happen to anyone
– it is not a sign
of weakness



Buttercups

CHILD CARE LTD

Bar Hill Day Nursery and Out of School Club

[**www.buttercupschildcareltd.co.uk**](http://www.buttercupschildcareltd.co.uk)

Bar Hill Day Nursery is based in Gladeside, Bar Hill. We are open 7.30am – 6pm, Monday to Friday, 50 weeks per year. We have spaces year-round or term-time for children aged 4 months to 4 years. Please contact the Nursery for more information or to arrange a visit. **Phone: 01954 488081 Email:**

[**info@buttercupschildcareltd.co.uk**](mailto:info@buttercupschildcareltd.co.uk)

Bar Hill Out of School Club is based in the building next to Bar Hill Primary School. We offer Before and After School care and Holiday Club for Primary aged children. We are open 7.30am – 8.45am, 3pm – 6pm Monday to Friday and 8am – 6pm during school holidays. For more information or to make a booking please contact the Out of School Club: **Phone 01954 200814 Email: oosc@buttercupschildcareltd.co.uk**

Comberton Ramblers

Join our friendly group for wonderful walks
Comberton Ramblers walk alternative
Sundays between 5-7 miles.

The original concept of the club hasn't changed since 1974, it is to encourage people to take a walk in their local countryside, enjoy a social chat, and at the same time learn a little about the local flora and fauna, but all in a friendly atmosphere. You are welcome to join us on any two of our walks to see if our group is for you. Then, once you have enjoyed the views, fun, exhilaration, it is just a case of becoming a member. Annual membership membership fee is £10.00 per person.

No dogs are allowed except assistance dogs.
For further information please contact me stella.hardwicke2274@hotmail.com or **01954 210049** (mobile **07930 951703**).

Stella – Secretary

<https://combertonramblers.org.uk>



Swavesey Camera Club
One of the leading clubs in East Anglia

Our club restarts after the Xmas break on Thursday 9th January 2025 7pm - 9pm.

We are always keen to encourage new members to join and pride ourselves on being a very friendly, welcoming club with activities to suit all abilities.

We will have some great guest speakers at some of our meetings covering a variety of subjects eg. Travel, wildlife, architecture, landscape, and creative photography. We also have internal and external competitions. There will also be members nights covering various topics - so something for everyone !

The full annual subscription this season (September 2024 - June 2025) is -

Adult £68 (Pro rata)

Concession £55 (Pension age) (Pro rata)

Youth membership £20 (Pro rata)

Guest visitor - £4 per meeting

Come along and try us out!

The Club meets in the "Carol Shaw" room at Swavesey Village College every Thursday during College term time 7pm - 9pm.

For further info and to see some of our members photos check out our website (see below).

If you would like more information about the club or you are thinking about joining us please get in touch by filling in the "Contact Us" form on the website.



Found a lost Trolley?

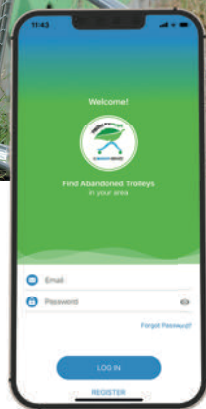
Spot it, Snap it, Send it.

Report it on the go with the free TrolleyWise App.

Tesco is working with a company called Trolleywise to collect our lost trolleys.

The best way to let us know about them is using their app, available on iOS and Android.

You can also report lost trolleys online at: trolleywiseapp.co.uk



Scan the QR code below to download the TrolleyWise App for free



App Store

Google Play